

OTTAWA

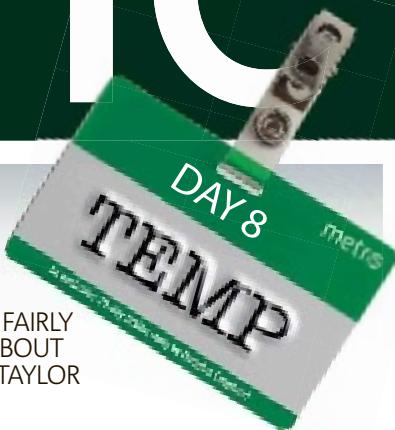
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CAREER SUICIDE?

IN WHICH SHANNON SEEMS FAIRLY UNCONCERNED ABOUT THE FATE OF MR. TAYLOR

PAGE 13



Tale of the stolen ponytail

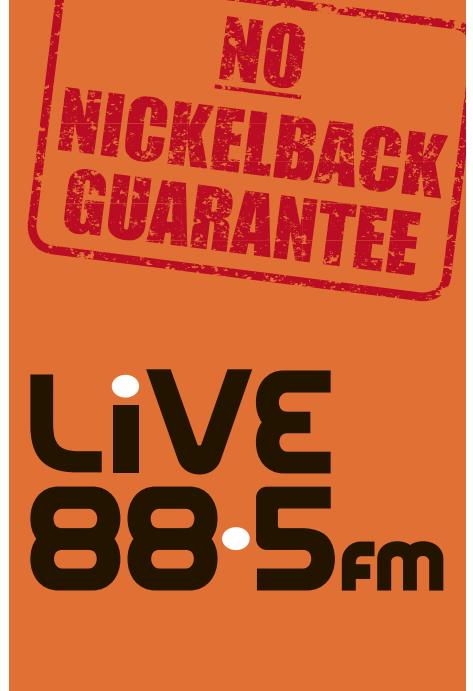
Ottawa woman was in 'complete shock' when she felt three hacks at the back of her hair; black-market extensions a possible motive

PAGE 3

500 bucks? What are they smoking?

Activist calls new Ottawa clinic's fee to connect patients with pot-friendly doc a 'cash grab'

PAGE 4



6/49 winner doesn't have to share with sis



Sam Haddad answers questions from reporters after a judge ruled in his favour in a lawsuit brought by his sister, who alleged she was entitled to a share of his Lotto 6/49 winnings. JOE LOFARO/METRO

'Simply not plausible.'

Judge rules against woman who wanted \$8M of her brother's \$32M win



JOE LOFARO

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An Ottawa woman who claimed she was entitled to a chunk of her brother's \$32-million lotto winnings walked out of the courthouse empty-handed Tuesday after a judge ruled her story "defied common sense."

Leila Nahas brought her brother, Sam Haddad, to court over \$8 million — what she said she deserved after he won the Lotto 6/49 jackpot in June 2008 and split the winnings with his barber, Mike Dettore. Haddad gave his sister \$25,000 while other family members got upwards of \$500,000.

Nahas claimed in a 2010 civil lawsuit that she contributed \$1 toward the purchase of the ticket and had made an agreement with her brother to split the winnings. She also alleged she wrote down the winning numbers in a slip of paper and put it in her wallet, accord-

ing to the statement of claim. But it wasn't until two months after Haddad claimed his prize in Toronto that his sister confronted him about the wallet story and asked for a share of the jackpot money.

On Tuesday, Justice Robert Beaudoin tossed her case out on the grounds that her evidence was "simply not plausible." The judge also told the court Nahas's story was "hard to believe" because she lied to her husband and to OLG.

The five-year dispute has torn the family apart, which was clear to the judge in the courtroom on Tuesday. Haddad and his wife, Denise, had almost two dozen supporters with them in the courtroom, while on the other side Dettore and Nahas sat by themselves.

Outside the courthouse, Haddad said his sister was driven by greed and he will never speak to her again.

"Greed really kills the family," said Haddad. "As far as I'm concerned, she doesn't exist."

His lawyer, Lawrence Greenspon, said his case was always strong, and agreed with the judge that Nahas's story wasn't plausible. "It just didn't make any sense and that's just what the judge found."



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Transit

Yet another Rapibus collision in Gatineau

Motorists in Gatineau seem to be struggling with the new Rapibus system as police responded to a fifth collision between a bus and a vehicle on the transit route in about three weeks.

The most recent crash happened Tuesday just after noon at the corner of Maloney Boulevard and Bellehumeur Street. Police say a 38-year-old man failed to stop his truck at a red light and collided with a bus.

The truck driver was hospitalized with non-life-threatening injuries to his neck. He was fined \$100 for failing to stop at a red light and lost three demerit points.

Police also responded to a Rapibus collision on Nov. 7, two on Nov. 5 and one on Oct. 21.

JOE LOFARO/METRO

Crime

Autopsy set after suspicious death

An autopsy will be performed Wednesday morning on a body that was found at a Gatineau home on Monday, police say.

Gatineau police were called to 476 Rue Pierre Lafontaine after receiving a 911 call and began an investigation into what they describe as a suspicious death.

Police have not released the identity of the victim, but they have spoken with the deceased's family.

JOE LOFARO/METRO



Women, beware: An Ottawa woman lost her ponytail to a hair thief in a crime reminiscent of those reported in the United States and Venezuela.

PASCAL LE SEGRETAIN/GETTY IMAGES FILE

Man hacks off woman's ponytail

Ouch! Thieves in other regions have attacked women and sold hair on black market

TREVOR GREENWAY
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Thieves usually target wallets, jewelry or cash, but one Ottawa woman found out her assailant was after her hair when he attacked her in broad daylight, cut off her ponytail and fled the scene,

locks in hand.

Dani Bone-Corbishley told CBC News she was in "complete shock" when she felt three hacks at the back of her hair before fighting off a man who attacked her on Preston Street at 9:30 a.m. Sunday.

The man, who has been described as white and about six feet tall with a thin build, wearing a dark jacket, toque and blue jeans, then ran off with the ponytail in his hands.

Ottawa police Const. Marc Soucy said in 25 years of working with the force, he's never seen a bizarre case like

this. Police are uncertain of the motive, but in other jurisdictions, thieves have been attacking women and targeting hair salons to steal human hair to sell on the black market.

While it may be the first time hair theft has hit Ottawa streets, the crime is a growing trend in Venezuela and has been increasing in the United States.

Ottawa hairstylist Laura Boyer was shocked to learn about the incident, but she said hair extensions can be pricey and figured thieves are probably fetching top dollar

for stolen locks.

"Hair extensions are very expensive. I never thought somebody would actually go that far, to be honest," she said, adding that extensions can run upwards of \$1,000.

"Real hair is obviously the most expensive, because you can do everything and anything with it. You could curl it, you could flat-iron it, you could colour it."

Police have no witnesses and have no suspects in custody. Anyone with information is asked to call police at 613-233-8477 or 1-800-222-8477.



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1
NEWS

Medical marijuana costs

Patient fears federal changes will hike costs

An Ottawa man who suffers from PTSD and fibromyalgia says new rules under Health Canada's Marijuana Medical Access Regulations will force him to pay \$82,000 a year for medicine he gets for much cheaper today.

Russell Barth, a legal, card-carrying medical-marijuana user and activist for the drug told Metro he fears the new rules, which will only permit licensed, commercial growers to distribute medical pot, will leave him and his wife without access to their medicine. He worries he will go back to the bottle to fight his pain. "I cannot overstate how scared I am right now," said Barth, fighting back tears.

"When the symptoms come, they come fast and they come hard, and the only rest I'm going to have is alcohol and Robaxacet ..."

able to afford to buy from commercial growers the two pounds of pot he says he needs each month. He's still upset people even need a prescription for medical marijuana.

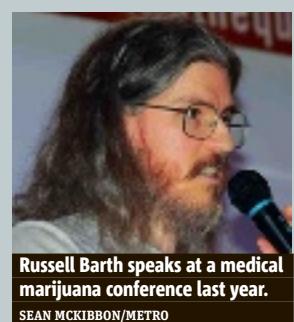
"Pot should be as available as Aspirin. The fact that people have to get a prescription for something that is safer than Coca-Cola and table salt is absurd," he said.

"The fact that anybody has to sign anything to give me permission to use marijuana is, like, cartoon absurd." **METRO**

Coping with pain

"When the symptoms come, they come fast and they come hard, and the only rest I'm going to have is alcohol and Robaxacet ..."

Marijuana activist Russell Barth, who suffers from PTSD and fibromyalgia



Russell Barth speaks at a medical marijuana conference last year.

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Why Medical Marijuana?

Dr. Sanjay Gupta - Publicly Apologizes For Being...

A screengrab of the recently revamped medicalmarijuanaservices.ca website advertises the company's services and features a YouTube clip of an appearance by Dr. Sanjay Gupta on CNN on the topic of medical marijuana. WWW.MEDICALMARIJUANASERVICES.CA

What We Do

Medical Marijuana Services MMS provides access to legal Marijuana for those who qualify in Canada. We provide all necessary forms and information to expedite your application process. MMS has a relationship with legal growers who can provide it for free.

Clinic helps patients in pain find pot docs

Desperate for help.

Marijuana activist calls MMS's \$500 fee a 'cash grab' for doctors

TREVOR
GREENWAY
trevor.greenway@metronews.ca

A new medical-marijuana clinic in Ottawa is linking up patients who suffer from chronic pain, sleep disturbance, cancer and PTSD with a doctor willing to sign off on prescriptions.

Medical Marijuana Services (MMS) held its first open consultation last weekend, connecting eight patients with such a doctor.

Most are patients who have

spent years looking for a doctor willing to sign off on the drug, but MMS patient navigator Robert Callaghan said there are still more patients who need help.

He said few doctors are willing to sign prescriptions to a drug they know little about, and changes to Health Canada's Marijuana Medical Access Regulations will make doctors the gatekeepers for pot prescriptions. As a result, more patients are finding it harder to get access to medical marijuana, he said.

"The reason we are in business is because doctors just are not educated as to the effects of marijuana, so they are really reticent to prescribe or help these patients sign up," said

Callaghan.

"It's not being taught in the medical schools. We have a compassionate doctor who really believes in this."

MMS charges patients \$500 for the service, or \$300 if you are a student or on disability. The fee may seem high, but Callaghan said the patients were "happy to pay it," as they have tried every other avenue to manage pain.

"It's people from all walks of life that need this medicine," said Callaghan. "They are tak-

Interested?

MMS is holding a second open consultation Nov. 24.

ing far too many pharmaceutical pills and they don't like the effects of that. This is a natural ... remedy for their illnesses."

Ottawa medical-marijuana activist and legal card-carrying user Russell Barth, who suffers from PTSD and fibromyalgia, said he has "mixed feelings" about clinics like MMS. While he appreciates the clinic getting patients the medicine they need, he has a problem with the associated charge that comes with it.

"It's ridiculous," Barth said. "Why the hell do you charge \$500 for a piece of paper?"

Callaghan said the fee covers the rental of a venue for the consultations, the doctor's travel expenses and time, as well as his firm's overhead.

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Suspect sought

Shots fired in south end, police say

Ottawa police are looking for witnesses after shots were fired at approximately 8:20 p.m. near the intersection of Hunt Club Road and Lorry Greenberg Drive.

There were no reported injuries, police said.

Anyone with information is asked to contact the Ottawa Police Service's guns-and-gangs unit at 613-236-1222 ext. 5050 or Crime Stoppers at 613-233-8477 (TIPS) or toll free at 1-800-222-8477.

JOE LOFARO/METRO

Warning

More traffic delays expected at Airport Parkway bridge

The City of Ottawa is warning drivers they can expect traffic delays near the Airport Parkway Pedestrian and Cycling Bridge as crews remove formwork and temporary concrete barriers.

Construction at the long-delayed bridge was put on hold last month because engineers discovered structural defects.

Removal of parts of the bridge will increase mobility and allow for regular speed limits to be reinstated, the city said.

JOE LOFARO/METRO

On the web

For more local news go to metronews.ca



The Downchild blues band, role models for Dan Akroyd and John Belushi's Blues Brothers, will perform Saturday at the Centrepointe Theatre. CONTRIBUTED

No need to be feeling blue

Downchild. Blues icons to perform at Centrepointe theatre Saturday

DENIS ARMSTRONG
ottawa@metronews.ca

"The point of the blues is to get rid of the blues," says Downchild Blues Band's centreman Donnie Walsh.

That explains why, after 44 years of fronting with the iconic Canadian blues machine, Walsh is still having a good time, why the band is curiously free of the creative differences and personal issues that tear younger bands apart, and why this group of fun-loving veterans still cooks with the best of

them.

"It's joyful music. As long as there are men and women falling for each other and getting into trouble, I'll be playing this until I drop."

The good vibes are all over the band's latest album, their 17th, *Can You Hear the Music*, a swinging set of jump blues and party tunes released by Linus Records this week.

Downchild — with vocalist Chuck Jackson, Michael Fonfara on keyboards, Pat Carey on sax, bassist Gary Kendall, drummer Mike Fitzpatrick and Walsh on guitar and harmonica, play Centrepointe Saturday, Nov. 16 at 8 p.m.

Comic Dan Aykroyd was such a fan of the band, he modelled his "Blues Brothers" character on Donnie and John Belushi's on his younger brother Richard "Hock" Walsh,

(who died of a heart attack in 1990) and included three of Downchild's bigger hits, *I've Got Everything I Need (Almost)*, *Shot Gun Blues* and their version of *Flip Flop and Fly* on the Blues Brothers' 1978 album *Briefcase Full of Blues*.

"I made so much money, I'm still working," he laughs.

Expect to hear a lot of *Can You Hear the Music* when they play Centrepointe. Walsh said recording the new record was "an inspiring, joyful experience."

"I love being in the studio, building a song until it sounds just right. It's a good time right now for us, and I hope we don't wait another four years until we record our next album the way we did after *I Need a Hat*. At my age, I have to check the obits to make sure I'm still going."



Parliamentary secretary Eve Adams, left, and Heather Farquharson of Summerhill Impact watch as Kelley Bush explains with a model how a home is retrofitted to deal with radon. DENIS ARMSTRONG/FOR METRO

What's lurking in your basement?

There's a potentially dangerous guest lurking in your basement.

It's called radon. A by-product of decaying uranium, radon is found throughout Canada in the bedrock on which most homes are built. Constantly off gassing, this radioactive substance rises through the foundation of your home and collects in the basement. It is said to be second only to cigarette smoking in causing of lung cancer. Health Canada says it believes 16 per cent of Canadian lung-cancer cases are caused by radon.

On Tuesday, the Lung Association and its partners Summerhill Impact group and Health Canada launched their November is National Radon Action Month initiative to urge Canadian homeowners to get their homes tested.

The test involves placing a piece of silicone film sensitive to alpha radiation from uranium — in the affected area for three months.

Complete information is posted on a new national radon portal takeactiononradon.ca.

DENIS ARMSTRONG/FOR METRO

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'Anonymous' condoms cause uproar at Calgary university

'Anonymously get inside.' What creators say was an 'innocent joke' called 'borderline rape paraphernalia' by student newspaper

 JEREMY NOLAINS
Metro in Calgary

Laval, Que. Three girls suffer minor injuries after car crashes into daycare

Three young girls escaped with minor injuries Tuesday after a car smashed through the plate-glass window of the daycare centre they attended.

The children were rushed to hospital for treatment along with the driver of the car, an 80-year-old woman who suffered shock and minor injuries to her back, said Const. Franco Di Genova.

The three girls were aged three, four and five years old and were not seriously injured, Di Genova said, adding one of them had been released from hospital and

another was expected to be sent home by the end of the afternoon.

One little girl was either hit by the vehicle or flying debris and suffered wounds to her face, said Di Genova. She was expected to be released from hospital on Wednesday.

A doctor at Montreal's Ste-Justine Hospital said she is stable and that the injuries could have been much worse.

"We're pleased the injuries are not as serious as we could imagine given the situation," said Dr. Antonio D'Angelo.

THE CANADIAN PRESS

While the moderators of the page said Tuesday they intend to solicit a new slogan from one of nearly 7,000 followers of their Facebook page, they maintained the condoms were meant as an "innocent joke."

"We weren't made aware of the gravity of it until people started mentioning it to us publicly.... I'll say that, on our part, maybe we should have thought it through," said one man, who identified himself as "Admin2."

Tensions at Mount Royal's campus came to a head after an opinion piece was published by staff with the student newspaper, The Reflector, which deemed the condoms "borderline rape paraphernalia."

The Facebook page's administrators dismissed those claims as "absurd," and said the slogan was a play on an event called "Masked Anonymous" they hosted for Mount Royal students in October.



The controversial slogan on these condoms has come under intense criticism from peers and faculty at Calgary's Mount Royal University. FACEBOOK



Toronto Mayor Rob Ford still holding his head up

Toronto Mayor Rob Ford holds a bobblehead doll of himself at Toronto's city hall on Tuesday. Hundreds lined up to be the first to own the doll, the proceeds of which go to charity. The \$20 bobbleheads were restricted to one per person, and with only 1,000 made, they quickly sold out. Meanwhile, despite intense pressure on him to step down, his brother Coun. Doug Ford insisted he would not, saying, "He has to keep busy." FRANK GUNN/THE CANADIAN PRESS

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Food, water, medical supplies only trickling into Philippines

Tacloban. The city of 220,000 on Leyte island, bore the full force of the winds and the tsunami-like storm surges Friday

Desperately needed food, water and medical aid are only trickling into this city that took the worst blow from Typhoon Haiyan, while thousands of victims jammed the damaged airport Tuesday, seeking to be evacuated.

"We need help. Nothing is happening. We haven't eaten since yesterday afternoon," pleaded a weeping Aristone Balute, an 81-year-old woman who failed to get a flight out of Tacloban for Manila, the capital. Her clothes were soaked from a pouring rain and tears streamed down her face.

Five days after what could be the Philippines' deadliest disaster, aid is coming — pallets of supplies and teams of doctors are waiting to get into Tacloban — but the challenges of delivering the assistance means few in the stricken city have received help.

"There is a huge amount that we need to do. We have not been able to get into the remote communities," UN humanitarian chief Valerie Amos said in Manila, launching an appeal for \$301 million to help the more than 11 million people estimated to be affected by the storm.

"Even in Tacloban, because of the debris and the difficulties with logistics and so on, we have not been able to get in the level of supply that we would want to. We are going to do as much as we can to bring in more," she said. Her office said she planned to visit the city.

THE ASSOCIATED PRESS



Philippine military personnel try to prioritize children and women first as people wait for evacuation flights in Tacloban, central Philippines, Tuesday. WALLY SANTANA/THE ASSOCIATED PRESS

The aftermath

Most of Tacloban is in ruins, a tangled mess of destroyed houses, cars and trees. Malls, garages and shops have all been stripped of food and water by hungry residents.

- 11 million people affected by storm, UN humanitarian affairs estimates.
- 1,774 confirmed dead.
- At least 2,487 people hurt.
- President says death toll may be lower than 10,000 estimate.
- No reports so far of Canadian deaths or injuries.

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Artist nails his genitals to Red Square

EVGENIY MORUZ
Metro World News in Moscow

The performance artist who was arrested after stripping naked and nailing his scrotum to the cobblestones of Red Square has been released. Pyotr Pavlensky, 29, drove a nail through his genitals on Sunday while sitting on Russia's most famous square be-

fore police took him to the hospital and then to custody. A court dismissed charges of "petty hooliganism" and released him Monday. Metro spoke with Pavlensky to find out how he managed to perform his stunt.

Q: How did you pull this stunt before they could stop you?

A: I understood that there is surveillance everywhere. But

I had an advantage because every other illegal protest on Red Square has people waving flags and is very visible. The police can react on such things.

Q: What was the message behind your performance?

A: I heard that when conditions are bad in prison, convicts drive nails into their bodies. To this I added an act of humility be-

fore my country. What I mean is that people find what is excessive, on what nails them but they do nothing. It makes them feel helpless.

Q: Did you speak with doctors about the possible consequences of such performance?

A: I didn't notice any consequences to my health. You know, I didn't try to nail my

eye! When I was nailing my testicles I wasn't scared at all, but when I was preparing (for the stunt), I was. All the fears and phobias doubled up.

Q: How did you prepare?

A: I thought about my clothes. And I tried to undress quickly. I had to be sure that I could take off my clothes in 40 seconds. Otherwise, the stunt could fail.

No stranger to pain

- In 2012, the artist sewed his mouth shut with a coarse thread in support of Pussy Riot.
- In May this year, in a demonstration called "Carcass," Pavlensky wrapped his naked body in a "cocoon" of barbed wire until he was freed with wire clippers.

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No riding the art, please

Workers uncrate a pendulum sculpture near Grand Valley State University in Allendale, Mich., prior to it being reinstalled Tuesday. It was removed in September due to safety concerns as the cable had begun to fray as students used it to mimic a Miley Cyrus video.

CHRIS CLARK/THE GRAND RAPIDS PRESS/THE ASSOCIATED PRESS

Was she playing Miley? Spanish woman sues piano-playing neighbour

To most people, noise pollution is a jet engine roaring over their head. For one Spanish woman, it was a neighbour practising piano.

The woman has taken her neighbours in the apartment below — a 27-year-old pianist and her parents — to court. Now prosecutors want to send all three to jail for over seven years on charges of psychological damage and noise pollution.

Neighbours often complain about street and bar noise in Spain, but prosecutors seeking jail time for someone playing

the piano is unheard of — especially since that musician is now a professional concert pianist.

At the trial in the northeastern city of Gerona, Sonia Bosom claimed she suffered noise pollution from 2003 to 2007 due to the five-days-a-week, eight-hour practice sessions of Laia Martin.

Martin, 27, denies that she played at home that often.

On Monday, the El País newspaper reported that Bosom told the court she now hates pianos so much she can't even stand to see them in a film.

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A (fingerprint) scanner darkly

In 2002 Steven Spielberg's *Minority Report* was creeping audiences out with biometrics. These days what was once science fiction is now reality. Iris and fingerprint scans, as well as facial and voice recognition, have hit the mainstream. At a KFC in Indiana workers punch in, not via punch clock, but by putting their finger on a scanner. PETER MACDIARMID/GETTY IMAGES FILE

Vancouver picks up new habit: Recycling pesky cigarette butts

Up in smoke. The busy city has launched a project to turn butts, which litter its sidewalks, into industrial plastics

EMILY JACKSON
Metro in Vancouver

Smoke 'em if you got 'em — just don't forget to recycle 'em afterward.

Vancouver launched the world's first municipal cigarette butt recycling program on Tuesday, a pilot project that aims to get butts off the streets.

TerraCycle, a global company that recycles "stuff that can't be recycled" like chewing gum and dirty diapers, will install 110 re-

Reaction

- Sherri, smoker:** "I always put it in the garbage — I try to be respectful. I think these are very productive things."
- Charles Gauthier, Downtown Vancouver Business Improvement Association:** "This is a better solution since it deals with end product. All we were doing before was picking them up and throwing them away."
- Irritated smoker:** "What about the people who pick up cigarette butts and roll their own smokes?"

cycling receptacles with stickers that say "Recycle

"Your Butts Here" TerraCycle founder Tom Szaky said Monday.

Staff from Downtown Eastside non-profits EMBERS and United We Can will collect the butts, with the bottle depot shipping the waste to TerraCycle for processing into industrial plastics.

TerraCycle is funding the pilot with the goal of replicating the program around the world.

"Vancouver was the first city, so we wanted to invest in it to make it happen," Szaky said. Two major American cities are already looking at copying the idea, he added.

The city will conduct "litter audits" before and after the bins were installed to see if cigarette waste actually decreases.

Random biz fact of the day

1 of 6

1 out of 6 job seekers found their last job through a social network.

CAREERLEAF/NEXCAREER



GETTY IMAGES FILE

Market Minute

DOLLAR
95.30 C (-0.14 C)

TSX
13,326.04 (-32.35)

OIL
\$93.04 US (-\$2.10)

GOLD
\$1,271.20 US (-\$9.90)

Natural gas: \$3.64 US (+6C)
Dow Jones: 15,750.67 (-32.43)

Possibly looted by Nazis

German stolen-art website crashes

A website featuring artworks discovered in a Munich apartment crashed Tuesday because of heavy traffic, officials said, raising the pressure as they scramble to help people identify art possibly looted by the Nazis.

Authorities posted 25 paintings from the more than 1,400 works discovered in the apartment of 80-year-old Cornelius Gurlitt, the son of a dealer who worked with the Nazis.

THE ASSOCIATED PRESS

Silicon Valley smackdown

Apple, Samsung face off in court again over patents

A federal judge and lawyers for the world's two biggest smartphone makers began picking a jury Tuesday to determine how much Samsung Electronics owes Apple for copying vital iPhone and iPad features.

A previous jury had awarded Apple \$1.05 billion US after determining Samsung had infringed Apple patents.

THE ASSOCIATED PRESS

Death of cable TV? Amazon follows lead of Netflix, Hulu with original shows

There's a new kid on the block at Culver Studios.

Inside a towering soundstage, just around the corner from where such television comedies as TBS's *Cougar Town* and Showtime's *Episodes* have been filmed, another production is in full swing. A set depicting a high-tech, two-storey office is hosting a boozy party scene for *Betas*, a comedy about a quirky crew of app creators in Silicon Valley.

But unlike its neighbouring productions, the new series will likely never air on TVs. Instead, it will stream on them, in

addition to many other devices. *Betas* is one of the first original series from Amazon, the online retail giant who's taking a cue from Netflix and Hulu by producing its own shows that will only be available on Amazon Instant Video, a content service for paying members.

Amazon's move into content creation is another click in the evolution of online video, legitimized earlier this year by the success of *House of Cards*, the political drama from online streaming service Netflix, starring Kevin Spacey.

THE ASSOCIATED PRESS



Amazon is hoping the stars of its new show, *Betas*, will help lure subscribers to its burgeoning streaming service. AMAZON STUDIOS/THE ASSOCIATED PRESS

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Douglas Coupland

Douglas Coupland's latest novel, *Worst. Person. Ever.*, is available from Random House Canada.

Day 8

metronews.ca/temp

Help really wanted

A good nanny is hard to find

Although it seems there's no shortage of help-wanted and job-seeker postings for temporary workers online, some say finding a temporary worker is harder than some might think.

Melissa Namer, a Moose Jaw resident trying to find a child-care provider to look after her kids while she returns to school, said she's had no luck finding a temporary worker.

"I've had that ad up for about a month and I've had no successful people (apply)," she said in a phone interview.

"It's mostly teenagers and young kids who just want to make a few bucks, while I'm looking for someone to look after my kids while I'm in school."

She said while there has been some response, those applying have been under-qualified or unwilling to commit.

METRO IN REGINA



Jo Frost, the star of *Supernanny*
THE ASSOCIATED PRESS

Temp Stumbles Upon a Shootout

Get back!" A policeman standing in front of the yellow-taped-off parking lot barked at us to move. We saw police snipers on the roof.

Sarah No. 3 was close by and we asked what was happening.

"Kevin Taylor is bunkered inside the remains of the warehouse."

"And...?"

"He says he's going to kill himself."

"Oh God. Any hostages?"

"They don't think so."

Talk about drama. Just then, the Shoeman and his father, Xu Senior, pulled up across the street and came over. We filled them in. Xu Senior went in pursuit of more info while, as per our agreement, Shoeman pretended to speak English as though he'd been taught in Peoples' Glorious Education Facility Number 43,607: "This episode with gun create many unglorious feng shui problems. May jeopardize once benevolent deal to buy company."

The Sarahs both saw their buyout stake evaporating, panicked, and went to hunt for Mel from Payroll.

Shoeman reached into a Whole Foods paper bag for snacks. Once the Sarahs were out of earshot I asked him what he was eating.

"Two hundred bucks worth of raw unfarmed British Columbia salmon. Nothing like it

for marathon training. Want some?"

"Ick, no thanks. Would a shooting really kill the sale of the company?"

"My dad's totally old school. He can't buy a building someone's died in. A standoff like this could be just as bad. I could care less, but I think we have to fly back to China tonight and discuss this with the family."

"Really?"

"Yup. Which also upsets my training schedule, because yesterday I found this perfect running track nearby — an elementary school they closed because of tax cuts. The soft unmown grass is perfect on my feet."

I grew worried... "What about... what about our secret plan?"

He winked at me. "One day at a time, Shannon. By the way, I was guest at a poker night and I found out what they make at the defense contractor next door there."

It was like in the movies: guys in black running across the roof, with more guys closing in from all sides.



Random fact of the day

Some people just can't cope in a sticky situation.

- Arachibutyrophobia is the fear of peanut butter sticking to the roof of your mouth.



house. Duct-taped on top of it was a poorly-made effigy of Kevin from the waist up. It was holding a broomstick as a rifle and was shot through with bullets.

There was some silence and then we heard squeaking wheels, like a child's toy wagon. A moving dolly rolled out of the open double-wide doors of the ware-

"Uh oh." **TO BE CONTINUED...**

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BALONEY IS AS BALONEY DOES

The Internet has changed everything, from shopping to sex.

It's even changed cheating. There's a web site based in Toronto called Ashley Madison that caters to consenting married people looking for an affair.

And it makes no bones about it: "Life is short. Have an affair" is the tag line.

The site contends that there are zillions of other like-minded cheaters just like you looking for a dangerous liaison. But one woman says many of the adventurous females on the site are fake profiles.

And she should know. She wrote 'em.

Someone named Doriania Silva claims she wrote 1,000 fake profiles in three weeks, so many that she came down with severe carpal tunnel syndrome, and is now suing the website for \$20 million US for damages.

There's no honour among cheats, apparently.

Ashley Madison is owned by Toronto businessman Noel Bi-



JUST SAYIN'
Paul Sullivan
metronews.ca

derman, who is worth \$100 million US according to CelebrityNetWorth.com, mainly on the strength of AshleyMadison.com. There is no actual Ashley Madison, but that hasn't stopped over 17 million people from trying to hook up with her.

Biderman told Barbara Walters on The View that the reason the site is so popular is that it focuses on the needs of adult female cheetahs—and nothing attracts a male of the species more than a female of the same species.

So it's important that Ashleymadison.etc is fully stocked with attractive adult female cheetahs, even if they allegedly have to make up so many fakes that the profilers sustain \$20-million injuries.

Faced with Ms. Silva's not-so-shocking revelation, Ashleymadison.etc is crying foul, contending that it's "100 per cent authentic" and the company "won't give in to extortion." It also sent Business Insider pics of Doriania, taken from her Facebook

page, riding a jet ski and playing the bongos, all taken since she retired in alleged pain from writing fake profiles.

You have to wonder about someone who sues her employer for damage to her wrists, then turns around and posts photos of herself engaging in activities that require healthy wrists. Obviously, all those fake profiles damaged more than her wrists. It spread to her brain.

There's a lesson in all of this. In fact, probably more than one. Let's try to sort them out.

For example, it's possible to make \$100 million out of nothing. (Oh, and Noel Biderman is happily married and 100 per cent faithful to his wife. Do as I say ...)

Or if that profile "WillingToBeWhateverYouWantMeToBe365" sounds too good to be true, it is.

Or Doriania? Why didn't you listen to your lawyer when he told you not to go on Facebook with the bongos?

Or you still don't understand that the Internet is hazardous to your health, and not just your wrists? Tried bird watching?

Or how about: It's still the same old story, the fundamental things apply: Baloney's still baloney, as time goes by.

ZOOM

Up in smoke, so no smoking up



AHMAD MASSOUD/REX

Seized Afghan narcotics burned

More than 20 tonnes of drugs and thousands of bottles of alcohol were burned by Afghan authorities in their fight against the narcotics trade amid a fresh surge in opium cultivation.

Government officials, ambassadors and military commanders gathered on a mountainside outside Kabul to burn the drugs, which were seized from smugglers in recent months. **METRO**

Narcotics burned

400
kg of heroin
1,200
kg of morphine
2,000
kg of opium
10,000
kg of hashish

Afghan opium

- Afghanistan produces more than 90 per cent of the world's opium, the key ingredient of heroin.
- One kilo of dry opium sells at \$160 to \$200. In contrast, a kilo of wheat pays only 41 cents.
- Since 2001, the U.S. has spent \$6.3 billion to curb the Afghan opium industry.

Government's view

"This event shows our increased capabilities fighting drugs."

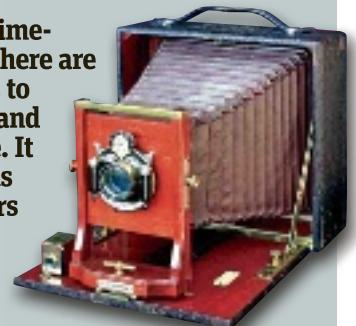
Baz Mohammad Ahmadi, Afghan deputy interior minister for counter-narcotic programs

Ahmadi said the drugs were seized over the past 10 months in and around Kabul. Mohammad Ibrahim Azhar, the deputy counter-narcotics minister, said that opium cultivation had increased this year, but refused to provide details to reporters before the official launch of the upcoming 2013 drugs report.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

From stop-motion to time-lapse to hyper-lapse, there are all sorts of fancy ways to have fun with photos and bring your stills to life. It used to take thousands of dollars of gear, hours of editing and the patience of a saint to pull off those sorts of photographic feats. But the creative folks over at Teehan+Lax labs are bringing hyper-lapse to the people. Using Google Street View, you can instantly create hyper-lapses of just about anywhere the Google cars have travelled. Once you're done mapping your own hometown, take a look at some world-class cities.



MARK BIRKLE/Flickr

Berlin hyper-lapse:

Credited as the vanguard of the hyper-lapse scene, Shahab Gabriel Behzumi's hyper-lapse of Berlin is said to have popularized the technique.

Welcome to London:

This hyper-lapse film made by Mattia Bicchi Photography shows London's skyline from Canary Wharf to Tower Bridge over a period of three years.

Paris 2013:

Filmed in April, this hyper-lapse takes you through the streets of Paris from day to night.



to shame guys into marrying.

@metropicks asked: Metro's Jessica Napier says it's immature to stalk exes on Facebook and watch Pretty Little Liars. What do you think is inappropriate for a late-20-something?

@FraserAust: Excessive sleeping around, and at the same time trying

WE WANT TO HEAR FROM YOU:

Send us your comments: ottawaletters@metronews.ca

The familiar tale of friends and frenemies intertwined

New movie. The Best Man Holiday follows a traditional formula of rivalries and rekindled romances that are all wrapped up in a reunion

IN FOCUS
Richard Crouse
scene@metronews.ca

The Return of the Secaucus Seven sees a group of college friends come together 10 years after they were arrested on the way to a 1970 peace protest in Washington D.C.

In the 1979 film they reminisce about the good old days, flirt and establish the basic theme of all reunion movies: "What's a little reunion without a little drama?"

This weekend Terrence Howard, Sanaa Lathan, Taye Diggs and Morris Chestnut are part of a core group of college friends who put that theory to the test in The Best Man Holiday. As IMDB says, expect "long-forgotten rivalries and romances to be ignited."

The idea of seeing old friends and frenemies after a long break offers loads of opportunities for drama and comedy.

Romy and Michele's High School Reunion played their high school 10th anniversary get together for laughs. The pair of friends big up their



The Best Man Holiday opens this weekend. CONTRIBUTED

One more

More somber is Young Adult, a Charlize Theron dramedy about Mavis Grey (Theron), a ghostwriter of novels for teens who accepts an invite for a baby shower from her high school ex-boyfriend, hoping that he will fall back

post Grade 12 adventures in an effort to intimidate their old friends.

"Well, I thought the whole point of going to the reunion was to impress people," says

in love with her during their reunion.

- **Quote on Young Adult.** "Sometimes in order to heal," Charlize Theron says, "A few people have to get hurt."

Michele (Lisa Kudrow). "I mean, how am I gonna impress anybody by selling balloon smocks at Bargain Mart."

National Lampoon's Class Reunion takes a different

comedic approach to the subject.

Mixing murder with nostalgia, it's the story of Walter Baylor (Blackie Dammett, father of the Red Hot Chili Peppers' singer Anthony Kiedis), an unhinged nerd seeking revenge during his 10th high school reunion as payback for a mean prank played on him during senior year.

"One more move and she gets a hole where she doesn't need one," says Walter.

Grosse Pointe Blank takes a more wistful approach to post school socials. John

Cusack plays a mysterious graduate who has a life changing epiphany 10 years after graduation.

"You know," he says, "when you started getting invited to your 10-year high school reunion, time is catching up."

Complicating matters is his job. He's a hit man.

"What am I gonna say? I killed the president of Paraguay with a fork. How've you been?"

He's hired to bump off the father of his high school girlfriend for whom he still has feelings.

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2
SCENE

Write, sing, repeat – it's the Macy Gray way

Looking back. The singer's new tour takes on her old material, which "still resonate to the present," she says

MARA
LITTMAN
Metro World News

At the turn of the century, Macy Gray burst onto the music scene, winning multiple Grammy and MTV awards for her 1999 album, *On How Life Is*.

Audiences fell for her signature raspy voice and unique blend of soul, rock, disco and hip-hop. Her sound was both new and retro.

Gray is still doing this same two-step of one foot in the future and one pointing to the past with her current tour, which takes listeners through the full *On How Life Is* album. She is adamant that the tour is a bigger step forward than it is a step back, though.



Macy Gray is slowly making her way back into the spotlight with her new tour. GETTY IMAGES

"I'm not a look-back person. I rarely do that. It still means a lot to me, and what's happening in my life now," she says of the album. "When I'm up there (the songs) still resonate to the present. I

didn't write them to be that way, but I think with simple life stuff, you'll have it years from now. You're still dealing with love, your spirit and yourself, forever."

In the 14 years since her

initial fame, Gray has raised three children, appeared in a number of films and produced seven studio albums. Life remains her biggest commercial success.

The fact that she's per-

Macy's motto

"I'm not a look-back person. I rarely do that. It still means a lot to me, and what's happening in my life now."

Macy Gray

Talking about how she approaches her life after 14 years in the music industry

forming these songs at venues that are the same size as the ones she played when she was first starting out doesn't seem to faze her.

"You learn a lot playing clubs and having people right in your face," she says.

"But my mind and my heart are always on the same planet. That doesn't change for me. The atmosphere, the vibe and how loud the crowd is, (that's) always different."

Although a lot has changed with how life is since *On How Life Is*, Gray says the biggest change has been an internal one.

"I just really got, in these last few years, to the point

where I could communicate the way I always wanted to," she says.

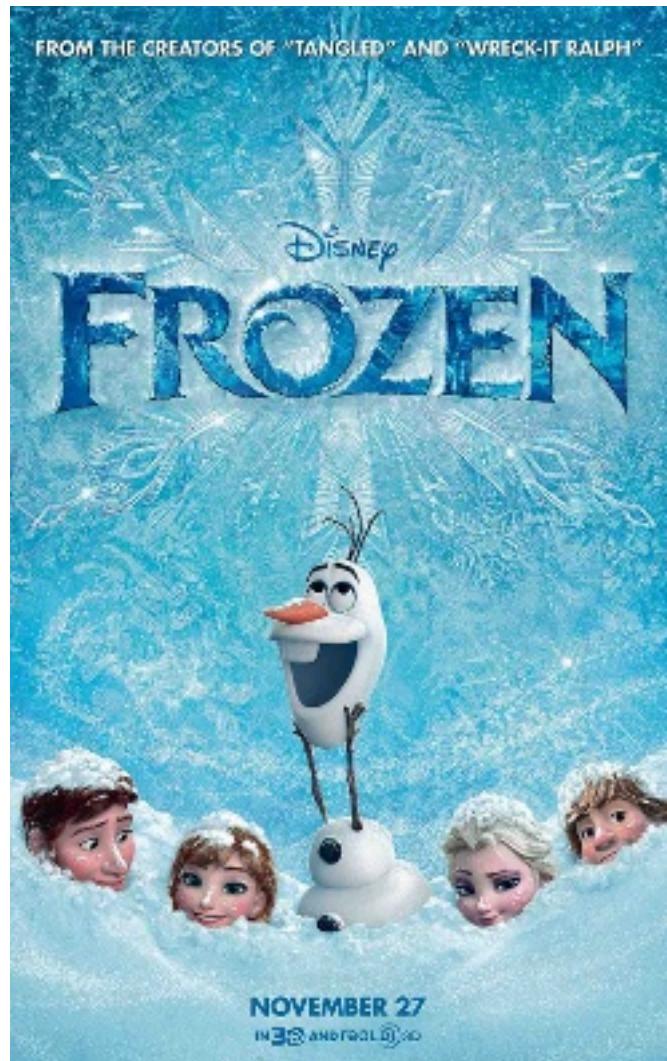
Since *On How Life Is* clocks in at less than 45 minutes, she's bound to dip into other material.

Gray's two most recent albums, both released in 2012, are made up of all cover songs.

Talking Book is a straight-up tribute to the Stevie Wonder album of the same name, while *Covered* features the songs of a disparate collection of artists that all seem to make sense together with Gray's signature voice. She covers Metallica, Arcade Fire and Colbie Caillat, to name a few.

"The *Covered* album was just a lot of favourite songs. It came down to songs that I could sing from the heart, that were personal to me, and that I could be genuine in singing them," she says.

As for *Talking Book*, she says, it's "one of my favourite albums of all time. I love that record. I knew that one the best. I knew every word. It was really organic."



FROM THE CREATORS OF "TANGLED" AND "WRECK-IT RALPH"
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Julia Roberts

Julia's not
gonna read
your #hate

Don't expect Julia Roberts to join Twitter anytime soon. "It's kind of like cotton candy," she says of social media in an interview with *Marie Claire*. "It looks so appealing and you just can't resist getting in there, and then you just end up with sticky fingers and it lasted an instant." Actually, Roberts seems to stay away from the Internet in general as much as possible, making a point of not Googling herself or reading comments on articles about her. "I have too much potential for collapse. There's an anonymity that makes people feel safe to participate in hatefulness," she explains. "I like a good old-fashioned fistfight if people are pissed off at each other."



Justin Timberlake

Justin's thin skin is showing

Justin Timberlake has had a tough autumn. His little-seen film *Runner Runner* and his album, *The 20/20 Experience: 2 of 2*, were both panned by critics. *Variety* even ran a piece titled *Why Justin Timberlake Should Stop Acting*. For a guy who's been beloved basically his whole career, the sudden change in fortune is bound to be bewildering. "Where did all this vitriol come from? It's mean. And I'm not cut out for it," he told *GQ*. "The movie didn't do well at the box office, so I should quit? Hold on a second. If I was somebody else, you wouldn't have said that. I have the No. 1 album this week, and I shouldn't have released it? Come on, man. You sound like a dickhead. ... It just shocked me because, like, you're trade magazines. None of your opinions count. And by the way, none of you can do it."



Lady Gaga

The Word

*Stickers? Suckers?
A tablecloth run
amok? Fashion
folks try to decode
Jennifer's dress*

**PAT
HEALY**
Metro World News

Look. I am solidly in the Jennifer Lawrence Can Do No Wrong camp. She could wear a coonskin cap and shoes made out of coconut husks and I'd be like, "Brava!" But the critics don't feel the way I do about JLaw — they are after the actress big time about the Christian Dior dress she wore to the U.K. premiere of *The Hunger Games: Catching Fire* on Monday in London. "It honestly looks like someone crushed a bunch of multi-coloured suckers and stuck them onto the bottom half of this dress," opined one blogger. And in a post titled, *Catching Fire Premiere Or A Project Runway Fashion Show (You Make The Call)*, Dlisted asked, "How can you explain wearing Sandra Lee's



best tablecloth (she needs it back for her Glitz Glamour

Christmas tablescape) to a movie premiere?"

When Perez moves next door, Gaga's anxiety gets turned up to 11

Lady Gaga's ongoing feud with blogger Perez Hilton shows no sign of cooling, with the singer revealing that his getting an apartment next to hers in New York has made her very, very nervous. "Everyone can hate me from afar, but the second you try to move in next door to me, I know you're getting too close and it's not safe," she tells USA Today. "I have lots of security. I get death threats all the time. Some things bring out the New Yorker in me. If you hate someone and you want to move next

door to me, the only thing I can think of is that you're moving in because you want to blow yourself up. There's thousands and millions of apartments in New York. You don't need to move in next door to me."

Remember though, earlier this week Gaga admitted to radio host Elvis Duran that she had been smoking as many as 15 to 20 joints per day. That's like more than all of the stoner roommates you've ever had, put together. Some paranoia is understandable.



Many devout Catholics and spirited hikers make the popular 500-mile trek in the footsteps of medieval pilgrims from Saint-Jean-Pied-de-Port in France to Santiago de Compostela, Spain, the final resting place of St James. Fast food icons have inspired equally lengthy quests with their faithful lured by righteous burgers, Japanese hot dogs, and crunchy habit-forming Korean chicken wings.

MIKE DOJC
life@metronews.ca

THECCSDIV/Flickr



Umami Burger

There's sweet, sour, salty, bitter, and then there's umami. The fifth dimension of taste is a subtle yet savory yummyness known to inspire hour-long lines. This now bicoastal, but still California centric, artisanal burger emporium has a dozen meaty options at each location but you can never go wrong with a standard Umami burger topped with roasted tomato, shiitake mushrooms, caramelized onions and a parmesan crisp.

Where to satisfy the craving: Palo Alto's location has a library theme, drawing bookish decor cues from close by Stanford University. Do some high tech networking in Silicon Valley and then grab a hold of one of Umami's high-concept burgers by its lightly toasted soft Portuguese buns.

5

Fast food meccas in North America

MARMAROU/Flickr



White Castle

Slider nirvana White Castle, the beefy grail at the end of the first Harold & Kumar movie, is a cathedral of aromatic mini-burgers where a group gorge on a 20-burger order isn't anything to bat a lash at. While they have a formidable presence in the Northeast, their steam-grilled stronghold is in the Midwest. The drawbridge was lowered on the first White Castle in Wichita in 1921.

Where to satisfy the craving: Kansas hasn't had any locations for years but there are a ton in Missouri, so hit St. Louis, scope out the gateway arch and treat yourself to at least a half-dozen of the itty-bitty burger beauties.

JEREMY HALL/Flickr



In-N-Out Burger

Even if you've never had the pleasure of acquainting your taste buds with the burger bliss that has created a food revolution, you're probably familiar with their not-so-secret menu. Additions to the sparse menu board include the 4 X 4 (a quad-decker), Protein Style (bun-less lettuce wrap) and the famous Animal Style with grilled onions, pickles, extra spread and a mustard cooked patty.

Where to satisfy the craving: While the chain is spreading eastward, the L.A. area remains In-N-Out central. The original location was demolished decades ago but the company recently built a replica of the 100-square-foot drive-thru burger stand that started it all in Baldwin Park.

Japadog

Spearheading a Japanese-style franks invasion, Vancouver-based Japadogs dresses up all beef dogs, brats and kurobuta (the "kobe beef of pork") with snazzy toppings. Their Terimayo dog, garnished with teriyaki, mayo and seaweed, started the craze. Other exotic dogs feature bonito flakes, yakisoba noodles, grated daikon, and edamame. There's even a dessert dog called "ice age," a deep fried bun filled with your choice of five flavours of ice cream.

Where to satisfy the craving: Vansterdam's street carts lit the fuse on this foodie frenzy-starter but their first restaurant location at 530 Robson St. offers a more expansive menu, including fries topped with everything from butter and shoyu to ume shiso. They've also got a Manhattan outpost.

MACROHEAD/Flickr



CHERRYLET/Flickr



BonChon

Buffalo's stranglehold on the mantle of best chicken wings in the world appears to be slipping as this Busan South Korea export continues to sizzle. Utilizing an Asian frying technique that calls for a thinner batter (resulting in a cracklier crust) and subbing blue cheese and celery for soy-garlic and pickled radish cubes, these aren't your daddy's chicken wings. Made to order, hand brushed BonChon wings are a food addiction waiting to happen.

Where to satisfy the craving: BonChon's crunchy wing joints have sprung up in Thailand and all over the Philippines but there's also five locations in the New York area and another handful in New Jersey.

Half a century later, JFK's legacy lives on

Dallas shooting.

Memory of the U.S. president's assassination still lingers as city anticipates thousands of visitors for anniversary

KATHY BUCKWORTH
life@metronews.ca

"Pretty much every news camera in the world is going to be focused on Dealey Square on Nov. 22," said our tour guide as he led us into the lobby of the most visited tourist attraction in Dallas, The Sixth Floor Museum (jfk.org). Located on the corner of Elm and Houston streets, the former Texas School Book Depository is infamous because of one window — the window on the sixth floor where Lee Harvey Oswald allegedly shot John F. Kennedy, the president of the United States, in 1963.

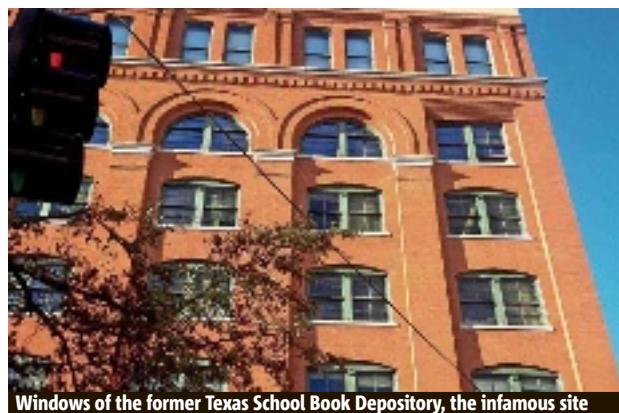
The audio tour is narrated by a reporter who was at the scene, and guides visitors through photos, videos and displays of unique items such as Jim Leavelle's suit and the handcuffs this Dallas police officer was wearing, joined to Oswald when nightclub owner Jack Ruby shot him, making this, in our guide's words "the most famous murder mystery in the world." All narration is carefully scripted, by real and audio guides, to never condemn Oswald (who never went to trial), hoping that "visitors will draw their own conclusions."

Approximately 350,000 visitors pass through the museum each year, although due to the 50th anniversary, 400,000 are expected in 2013. Visitors come from all over the world, but mostly from other parts of the United States, as well as Mexico, Japan, and Canada (mostly from Quebec).

At 12:30 p.m., on Nov. 22, 2013, only 5,000 people, chosen by lottery, will be allowed into Dealey Square to take part in the ceremony. (There were 25,000 Texans on hand to watch the presidential motorcade.) Each person will have a background check



Learn about John F. Kennedy at The Sixth Floor Museum. PHOTOS: KATHY BUCKWORTH



Windows of the former Texas School Book Depository, the infamous site from where Lee Harvey Oswald allegedly fired shots at JFK.

completed prior to receiving full clearance to attend. (Due to the Boston Marathon bombings taking place at the start of this lottery process, security has been heightened.)

Photographs are not allowed inside the museum, where guests get a sense of what the world was like in the early '60s. The tour includes information on the Kennedy family history, the policies which Kennedy implemented to fight segregation, his decisions during The Bay Of Pigs

and his commitment to the fledgling space program.

The window from where Oswald allegedly shot Kennedy is contained within a glass walled room, with cardboard boxes from the school-book depository in place.

A glance out from adjacent windows gives a remarkably still clear view of the famous "grassy knoll," and the exact spot on the street (marked with red Xs) where Kennedy was shot. The model reconstruction of the scene at Dealey Square used by the FBI

Down home in Dallas

- **New digs.** Its roots tied to history, the downtown Dallas Homewood Suites lies in a converted Bank of America building that is perfect for families, and within walking distance of most of the city's main attractions, including The Sixth Floor Museum.

is a reminder of the lack of computer simulations available at the time.

Videos of the reporting of the assassination are fascinating, as is Walter Cronkite's assertion that "television came of age" as a result of it, when 99.8 per cent of Americans knew within hours that Kennedy had been killed. This legacy of Dallas represents the city's history, but downtown Dallas has recently added many new tourist attractions that look to its future, as citizens accept that their city will forever be associated with this historic and tragic moment.

WATERTOWN NEW YORK



Shop, Stay & Save

Plan a Shop, Stay and Save trip to Watertown, New York. You'll find a huge variety of retailers in Salmon Run Mall and the Downtown district, plus all the "big box" chains like Home Depot, Lowe's, T.J. Maxx, Target, Walmart, Best Buy and Kohl's.

Make the easy drive 50km south of the 1000 Islands Bridge. Exit 661 off the 401 to I-81.

A trip to Watertown is all about convenience, selection and value, with hotels, restaurants and stores offering friendly service and great deals at competitive prices.

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Money-making travel

How to turn
your home
into a hotelON THE
MOVE
Loren Christie
life@metronews.ca

Websites like couchsurfing.com and airbnb.com are seeing increased use by travellers anxious to save on their accommodation costs by skipping hotels and bunking in with the locals. If you are eager to make some extra money and wouldn't mind having strangers sleeping in your spare room, here's how to get started.

It costs nothing to sign up but ensure you spend time making your listing enticing to potential guests. Keep your title catchy and concise. Upload quality photos of your space — don't use blurry cellphone snaps. The description of your place should include details on local attractions, the neighbourhood and information on public

transit. Fill out the house rules section so that your guests can understand what is expected of them before booking. Do they have to arrive before dinner? Is it lights out after midnight? Are pets allowed? Once the booking is confirmed, Air-bnb does not allow you to impose any further rules.

It is up to you to decide how much you charge. To get an idea of pricing search for similar listings in your neighbourhood. You can set different prices for nightly, weekly and monthly stays, as well as seasonal pricing. You may want to consider imposing a cleaning fee as part of your costs. Airbnb takes a three per cent fee for each reservation, which they say covers the cost of processing the transaction.

Quick and thorough communication with guests before they arrive is essential. Check out their profiles and reviews on the website to ensure you are comfortable welcoming them to your home. You can always say no, however, make sure you respond one way or another.

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Brewers toast new liquor laws

Vancouver.
Microbrewers get a
boost as they begin
to open lounges

About once a week, Scott Greff walks a block and a half from where he lives in Vancouver's trendy Main Street district, a large glass growler in hand, to a small brewery nestled between an otherwise unremarkable strip of offices, storage bays and auto shops.

Inside the three-month-old tasting room at 33 Acres Brewing Co., Greff can fill up his growler with about two litres of any of the microbrewery's three different varieties (his favourite is 33 Acres of Life, a hybrid between a lager and ale). If he isn't in a hurry, he can grab a glass of beer to stay, like he did on this recent fall evening.

Even on a weekend, the brewery is teeming with people, either saddled up to the bar or huddled around several tables in a sparsely decorated white-coloured tasting room that has an almost rustic cafe-



Pints at the 33 Acres Brewing Co. tasting lounge in Vancouver. THE CANADIAN PRESS

teria feel. Outside, a popular food truck sells fish tacos, leaving an aroma of hops and salsa hanging in the air.

There are countless bars and restaurants just a few blocks away, but instead, Greff is here, sipping on a beer that was brewed in a production room on the other side of the taps. "It's a lot more casual," says Greff. "It's between a coffee shop and a pub. ... And I love the idea of a growler ... getting it to go."

33 Acres is one of a growing number of microbreweries and

distilleries that have opened up in recent years as Vancouver undergoes something of a craft beer renaissance, with more than a dozen operations either open or expected to open soon, largely sprinkled throughout the rapidly gentrifying industrial areas that skirt the city's downtown core.

And the city's breweries — not to mention craft beer aficionados — are about to receive a boost, thanks to new liquor laws that will allow them to open full-scale lounges, serving more of their own products on

site. Up until this year, provincial and municipal liquor laws allowed breweries and distilleries to operate scaled-down tasting rooms that allowed customers to give products a try. They could give away all the free samples they wanted, but could legally only sell each customer a single 12-ounce glass before cutting them off.

This past spring, the B.C. government updated its legislation to allow so-called tasting lounges, effectively lifting the 12-ounce cap. The City of Vancouver, which finalized its updated bylaws in July, says it expects to eventually hand out at least 15 tasting lounge licences to local breweries and distillers.

Josh Michnik, one of the owners of 33 Acres, says there's something special about getting the beer directly from the people who make it.

"I think it's going that way in multiple industries, not just craft brewing, but also local foods and local craft distilleries — local everything," he says.

"If people can get their products made by their neighbour, why wouldn't you?"

THE CANADIAN PRESS

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Hilton Los Cabos Beach & Golf Resort, Mexico

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Salmon with Mango, Black Bean and Corn Salsa evokes a summer breeze



ROSE REISMAN
For more, visit
rosereisman.com or
follow her on twitter
@rosereisman

The combination of black beans and sweet mango is outstanding. I serve this salsa over chicken or other fish and even as a salad dressing. Sautéing the corn adds a barbecued flavour.

1. To make the salsa: In a non-stick skillet sprayed with cooking spray, cook the corn on

medium-high heat for 8 minutes or just until the corn is dry and beginning to brown. Place it in a serving dish. Stir in the remaining salsa ingredients.

2. In a nonstick grill pan sprayed with cooking spray, grill the salmon on medium-high heat for 5 minutes per side or just until medium done (10 minutes per inch/2.5 cm of fish thickness). Serve the salsa overtop of the fish. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN.**

Ingredients

Salsa

- 1/2 cup corn
- 1/2 cup diced mango
- 1/2 cup canned black beans, drained and rinsed
- 1/4 cup diced red bell peppers
- 1/4 cup diced sweet onions
- 1/4 cup chopped fresh cilan-

Fish

- 1 lb brown sugar
- 1/2 lb butter
- Pinch of salt
- 4 oz apple cider
- 1/2 oz fresh extracted ginger juice
- 1/2 tsp nutmeg
- 1/2 tsp allspice

Individual cocktail

- 2 heaping tbsp of cocktail base
- 2 oz Appleton Estate Reserve
- 6 oz (approx) hot water

- 1 tbsp fresh lime or lemon juice
- 1 tsp liquid honey
- 1 tsp minced garlic
- 1/2 tsp hot pepper sauce

- 4 skin-on salmon fillets

Salmon with Mango, Black Bean and Corn Salsa



This recipe serves four. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

Drink of the Week

Jamaican Hot Buttered Rum

Cocktail base

- 1 lb brown sugar
- 1/2 lb butter
- Pinch of salt
- 4 oz apple cider
- 1/2 oz fresh extracted ginger juice
- 1/2 tsp nutmeg
- 1/2 tsp allspice

Individual cocktail

- 2 heaping tbsp of cocktail base
- 2 oz Appleton Estate Reserve
- 6 oz (approx) hot water

Blend cocktail base ingredients and bring to a boil before removing from the heat. Then leave to cool and store in refrigerator.

When ready to make a drink, combine 2 tbs of base with rum and hot water.

**COURTESY
APPLETON ES-
TATE JAMAICA
RUM**



Make them and mash them ahead of time

One of the most stressful parts of hosting a large dinner party is figuring out how to time everything so all the food arrives at the table piping hot.

Traditional mashed potatoes pose a problem. You can try

making them ahead of time, then reheating them at the last minute, but then they tend to taste stale. Theoretically, you can make them from scratch as the clock ticks down, but good luck pulling that rabbit out of a

hat while you're simultaneously finishing off your sides.

Here's the solution — cook and mash the potatoes without any seasonings or dairy the day before, then pop them in the refrigerator. When you're ready to serve them, nuke them and add the dairy at the last minute.

Why does this work? Because it's the reheated butter and milk or cream that causes the off flavours. Leave those out until the potatoes are already reheated and you're good to go.

1. Heat the oven to 400 F.

2. Use paring knife to prick potatoes in several places. Place on rimmed baking sheet and bake on oven's middle shelf until knife goes through with no resistance, 50 minutes. Then, cut potatoes in half lengthwise and set aside to cool for 5 minutes.

Ingredients

- 10 small to medium russet potatoes (about 5 lbs)
- 1 to 1 1/2 cups low-fat milk
- 1 cup reduced-fat sour cream
- 2 tbsp unsalted butter, cut into 8 chunks
- Salt and ground black pepper, to taste

3. Use spoon to scoop out pulp from potatoes and transfer, in batches, to ricer. Force potatoes through ricer into a microwave-safe bowl. Let cool, cover and refrigerate overnight.

4. Just before serving, microwave potatoes, covered loosely with plastic wrap, 2 minutes. Stir and heat another minute. Repeat procedure until potatoes are hot. Stir in 1 cup of milk, the sour cream, butter,

and salt and pepper to taste, then heat for another minute, or until hot. Thin with additional milk if you prefer softer texture. Serve. **THE ASSOCIATED PRESS/SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.**



This recipe serves 10. MATTHEW MEAD/ THE ASSOCIATED PRESS

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Fair thee well, future employee!

Acing an on-site extravaganza.

Career fairs bring an opportunity of discovery and networking. These guidelines will prepare you for a productive day!

JESSICA
CRUZ
TalentEgg.ca

Regardless of your industry of choice, chances are there's a career fair that matches your interests.

Attending a career fair can be a good way to complement your online research and networking and there's no harm in showing up when employers are coming to meet individuals just like you.

Where do I find out about these fairs?

On campus: If you're a student, you're in luck! Campus recruiters visit career fairs to hire students like yourself. Check your career centre's website, online calendar or visit their office at the beginning of the term.

Community listings: Community job fairs happen all year. Check city or community event listings online. Keep a lookout for industry or company specific job fairs in your area as well. A quick search can reveal wonders.

Planning ahead

Think about it like a marketing campaign. What's



Recruiters set up shop at career events in order to reach out to people just like you. Don't be afraid to chat them up. iSTOCK

your purpose? What kind of job or company are you looking for? What are you trying to learn? Having a purpose will guide your visit.

The first thing you should look for is an online employer listing. Knowing which companies will attend can determine if a

particular fair is worth your time. Some fairs might include an online floor plan, company descriptions or available positions.

What do I bring?

Resumes/cover letters: Bring a few copies in a small folder or bag. Your

community employment centres and campus career centres can help edit your resumes through appointments or workshops.

References: Keep your references tucked away with your resume and cover letters. On the spot interviews can happen anytime or

company reps might scan your resume and ask for references.

Notepad/notebook/tablet: Have tools for jotting notes, contact information and helpful details.

Pen: Make sure you have one that works.

Step right up!

Ask the right questions and network

- Engage in a conversation and be brief. Be clear about your goals and what you're looking for.
- Ask questions about the positions, requirements and the representative's experiences with the company. If your goals are unclear, that's fine too. Think of the event as an opportunity to gather ideas about your future.

Business cards: It's a great way to give out your contact information in quick meeting settings.

What do I wear?

Most career and job fairs have a business casual dress code. You want to make a good impression, but don't overdo it. Contact the organizer or look at past event photos if you aren't sure what the proper dress code is.

Listen

Make sure you put yourself out there, but don't talk more than you listen. The employer might answer questions before you ask them. Other people may ask questions that the representative will answer on the spot. Let other people ask the common questions and save your energy for engaging conversation.

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Curiosity pays at the career booth

May I ask you something? Here are five questions that can help you learn more about a company and even create a connection with a company rep.

SHANNON
MANDEL
TalentEgg.ca

When you're attending a career fair, it's a good idea to have some questions to ask company representatives.

Before deciding what you want to ask a company rep, always make sure you have a good reason for asking the

Flip the focus

"By turning the conversation around, you'll give the rep a chance to share their personal opinion — and you'll stand out by doing so."

question.

Consider this list a starting point, as your individual circumstances will influence many of the questions you'll want to ask.

What's your corporate culture like?

Corporate culture includes workplace clubs, teams and events as well as the work environment itself. Ask the rep what the most popular initia-

tives are at their company. If these activities sound interesting, you may have identified a promising future career opportunity.

If there's something about a potential employer's workplace environment that you can't accept, you can remove them from your radar and focus on more appropriate options.

What qualities or skills would the ideal candidate for this role possess?

It's often difficult to figure out what a company is looking for in their ideal candidate.

Asking a company rep this question can help you determine if you're a qualified candidate for the role. If you have the relevant skills and experience, you can use this question as an opportunity to mention why

you'd be a good candidate.

What career development and advancement opportunities exist at your company?

Finding the right job in your field also means finding the right opportunities to learn and grow.

An employer with a demonstrated commitment to professional development will be eager to help you identify the growth opportunities that match your prospective career path.

Do your company policies accommodate _____?

Many career-seekers have per-

sonal factors that lead them to prefer a particular type of employment schedule. By finding out if a company will accommodate your preferences or needs, you can determine if it is the right kind of place for you to build a future.

Figure out if there are common workplace accommodations with regards to flex-time, vacations, continuing education or professional development that are of particular interest to you, as well as any accommodations you may require for personal reasons.

Why are you most proud of working for this company?

Company reps are constantly inundated with questions about jobs and company culture, but candidates rarely ask them about their personal relationship with the company.

By turning the conversation around, you'll give the rep a chance to share their personal opinion — and you'll stand out by doing so.

If you have a strong connection with the rep's reply, you can use it as a springboard to further dialogue and rapport with them.

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The sooner you know about a company's corporate culture, the sooner you can decide if you truly want to work for them, so don't be afraid to ask. ISTOCK

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4 SPORTS



Anderson sticks his neck out for the Sens

The Flyers' Matt Read stuffs the puck past a sprawled Craig Anderson during the first period of the Senators game at the Canadian Tire Centre on Tuesday night. The Sens goalie had missed the previous three games due to a stiff neck after a collision with the Stars' Valeri Nichushkin on Nov. 3. For more from the game, go to metronews.ca. JANA CHYTILOVA/FREESTYLE PHOTOGRAPHY/GETTY IMAGES

Bolts hope to strike without Stamkos

NHL. Centre for East-leading Tampa Bay was tied for league lead in goals, points when he broke his leg in Monday's game

Everything was going right for the Tampa Bay Lightning this season until star centre Steven Stamkos' right leg slammed into a goalpost in Boston.

Now the Lightning need to find ways to keep on winning without their offensive motor and one of the NHL's biggest stars.

Stepping up



"Stammer's goals are going to be missed, but other guys are going to have to score more.... Hopefully I'll be able to lead the way here."

Lightning winger Martin St. Louis, linemate of the injured Steven Stamkos

"We don't have much time to think about it," defenceman Eric Brewer said Tuesday ahead of the Bolts' game against the Montreal Canadiens. "We're not going to replace that loss, but we can try to deal with it and play well and carry on."

Stamkos underwent surgery Tuesday in Boston to repair a broken shin bone.

The 23-year-old will be out indefinitely.

"I can't give you a time frame on whether he's going to be eight, 12, 16 weeks or months," Lightning general manager Steve Yzerman said in Toronto. "All I can say is he's out indefinitely for now. I think after speaking with the doctors, after today probably we'll have a better idea of the

time frame."

Even his participation for Canada at the 2014 Winter Olympics in February is in some doubt.

"He will start rehabbing immediately, but by all accounts everything went well today. There was no unexpected issues," Yzerman said.

Stamkos was backchecking hard against Boston defenceman Dougie Hamilton in the second period of a Monday afternoon matinee when he lost his footing. His left foot hit and dislodged the net and his right leg swung round and struck the post. He tried unsuccessfully to get up twice before he was taken off on a stretcher. **THE CANADIAN PRESS**

Super skips

Hurdle, Francona named managers of the year

Terry Francona of the Cleveland Indians won the AL Manager of the Year award in a close vote, and Clint Hurdle of the Pittsburgh Pirates was the runaway winner in the National League.

Francona edged John Farrell of the World Series champion Boston Red Sox by 16 points in Baseball Writers' Association of America balloting announced Tuesday.

Hurdle was selected first on 25 of 30 NL ballots after steering the Pirates to the playoffs in their first winning season since 1992.

THE ASSOCIATED PRESS

Cut down at the plate

MLB going to bat to prevent collisions at home

Major League Baseball executive vice-president Joe Torre says momentum is gaining toward taking action that would help prevent collisions at home plate. Torre said on Tuesday a written proposal will be developed that will be discussed at the winter meetings next month.

THE ASSOCIATED PRESS

Head trauma

Football player dies of brain injury

A high school football player in Arizona died from an injury suffered during a blowout playoff game loss.

Hopi High School senior Charles Youvella died of a traumatic brain injury Monday at a hospital, the Arizona Interscholastic Association said. He was injured Saturday in Hopi's 60-6 loss to Arizona Lutheran. Youvella scored his team's only touchdown in the game. **THE ASSOCIATED PRESS**

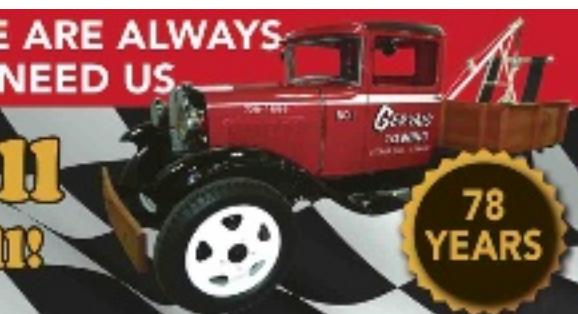
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2014 Toyota Corolla

Review. It's looking like an early Christmas for Toyota fans

MALCOLM GUNN
wheelbasemedia.com

For a small car, the Corolla has some big numbers to tout. Like the fact that in 47 years, Toyota has sold more than 40 million of them and currently operates 16 factories worldwide that supply Corollas to 154 countries.

The all-new 11th-generation North American sedan comes on strong with style — especially from the windshield forward — that its broad base of customers are not used to seeing. Nothing too radical, mind you, but just enough design drama to cause some politely muffled oohs and ahs (see above right).

The distance between the front and rear wheels has increased by a whopping 10 centimetres, rivalling the current segment space champ Dodge Dart. Note that both the Dart and Corolla are virtually dead-heat-even for interior volume and could almost pass for mid-sizers. The added space between the wheels improves front and rear legroom slightly, which is welcome in any small car. Interior styling has improved, but in a conservative way that differs from the Corolla's more daring competitors. Still, the clearly marked gauges and switches are logically placed and easy to decipher.

It's only when you check



ALL PHOTOS WHEELBASEMEDIA.COM

under the hood that a sense of déjà vu really kicks in. A 132-horsepower four-cylinder carries over from the previous generation. It's connected to a six-speed manual transmission for the base CE and sporty S models. A four-speed automatic transmission is optional for the L, while a new continuously variable unit (CVT) is optional for the S, but standard on the LE and LE Eco.

To reduce that "rubber-band" slippage sensation that's common to many CVTs (including Toyota's Prius hybrids), engineers dialed in seven artificial shift points. These function automatically to simulate the action of a regular automatic transmission. With the S model, they can be manually controlled using steering-wheel-mounted paddles. Aside from using a more efficient engine with

special variable valve timing, the ECO's figures are achieved with the help of underbody panels that improve the car's aerodynamics to reduce highway-speed fuel consumption.

The starting-point Corolla CE, which carries a \$17,600 base price, has a split-folding rear seat, power windows and locks plus a basic four-speaker audio system. The LE/LE Eco trims include air conditioning, 16-inch alloy wheels (15-inch steelies are on the CE).

You also get a backup camera, remote keyless entry, heated front seats (power-adjustable for the driver), touch-screen display with voice recognition and Bluetooth wireless connectivity. Opting for the S brings with it a blacked-out grille, 17-inch wheels, heated outside mirrors and additional instrumentation with customizable settings.

2014 Toyota Corolla

• **Type.** Four-door, front-wheel-drive compact sedan

• **Engines (hp).** 1.8-litre DOHC I4 (132/140)

• **Transmissions.** Six-speed manual and four-speed automatic (depending on model)

• **Base price (incl. destination)**
\$33,500

Compare



1 Honda Civic
Base price: \$17,000



2 Dodge Dart
Base price: \$17,700

Design

The front end is certainly a lot more aggressively defined with its enlarged lower air intake and inset bumper. The side intakes seem a bit oversized, but the total effect is quite appealing. Along with its mostly new shape, the Corolla's more rigid platform supports a body that's a few ticks longer and wider.

olla is still a sensible people transporter that carries with it a reputation for reliability and quality that's the envy of the industry. You'll need to check elsewhere for a budget-based pocket rocket, but joining the millions of contented Corolla owners around the world will at least put you in solid company.

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Roofs that let old tires bounce back

Euroshield. Company takes used car rubber and keeps the rain out with sledge-hammer-proof resistance



AUTO PILOT
Mike Goetz
drive@metronews.ca

Some used tires are lucky. After their vehicle days are over they go to a higher place — up on the roof, as a rubber roofing product from Euroshield.

Euroshield "shakes" and "shingles" are a product line of G.E.M. Inc. of Calgary Company founder, Henry Kamphuis, was bent and determined to make something useful from the alarming and growing number of spent tires forming mini-mountain ranges in the landfills. Because of its large volumes, he figured some kind of building material might be the ticket and hit upon the idea of rubber roofing. Euroshield gets the rubber in crumb form, from Alberta Recycling.

"It's like black sand when we get it," says Brian Eberle, Euroshield's marketing manager, who adds that all the steel and nylon and non-rubber bits used in the manufacturing of the tires have already been weeded out by Alberta Recycling. The company's sole manufacturing plant on the outskirts of Calgary, goes through in excess of 20,000 pounds of the recycled rubber a day.

Other companies use the stuff, but Eberle contends Euroshield is the only one that makes its final product with such a high percentage of the recycled tires — 70 per cent versus the typical 10 per cent found in other products (roofing and otherwise).

How many tires could be re-deployed to one roofing detail? "We tell people that on average, for say a 30-foot by 30-foot roof, they are using anywhere from 250 to 375 tires."

Rubber is obviously a "premium" roofing product. A Euroshield roof would typically cost twice as much or more than an asphalt roof.

But could an asphalt shingle roof withstand the blow of a sledgehammer?



The finished product is sledge-hammer-proof and on your roof.



The tires arrive to Euroshield in crumb form. BOTH IMAGES EUROSHIELD

"We actually hold a Class Four Impact Rating. ... It means the product is virtually bullet proof when it comes to hail strikes." In the Calgary showroom customers are encouraged to slam down a sledgehammer as hard as they can on a Euroshield shake or slate to get a sense of its strength and repellency.

"Remember, this is a rubber roof. When the hail hits it, the hail literally bounces off."

And for those who have too many images in their minds of cracked and dried out tires lying in the gutters to think a roof made of old tires is going to work, Eberle reminds us that the degradation you see in old tires has

come about because it has weakened around the fibres and cords that enabled it to be a tire in the first place. These products are not tires.

"We re-form these pieces into new parts. They aren't going down the highway. There is no metal or fibre in them. And for UV protection, there is carbon black, found naturally in rubber and one of the world's best UV inhibitors. Our products are extremely stable."

The products were also specifically designed to look like, and act like current roofing products so they would be easily installed and embraced by the "regular" roofing guys.

Old tires to premium roof? Not a bad bounce back.

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